

# FEBRUARY RIP N ROAR NEWS



Wow, the 2007 -2008 season is rolling along and is a busy season. Our four senior divers, Kevin Geyson, Lauren Penko, Jill Gudmundson, and Cam McLean have all qualified for the Olympic Trials. What an exciting time for the senior divers and our club. The trials will be taking place in June in Victoria B.C.

The Pan Am Diving Club is off and diving into the competitive season after a long season last year. The season ended last summer with the *Western Canada Games*. This was a new event for 4 of the 6 members who traveled to Alberta in August. It was a great event for all the athletes with many learning new dives within a week of the event in order to compete in open events. The male team was led by Cam McLean, with his trusty side kick, Cole Funk. The female team was led by Cyrena Couvier, with her sidekicks of Morgan Wankling, Lily Kaufmann, and Natasha Higham. Results to follow.

Cam McLean attended the Pan Am Junior Championships in San Juan, Puerto Rico. Results to follow.

The senior divers attended Camo Invitational in Montreal in December. This was a trials event for the World Cup. Kevin qualified for the Spain Fina Grand Prix and the FINA World Cup. The Spain meet took place in Madrid and the World Cup is taking place in Beijing, China where the Olympics will be attended this year. More to come with the results once Kevin returns.

The junior team started their competitive season here in Winnipeg with the Polar Bear Classic. It was a great event for the kids with some getting their first round of qualifications to Nationals. It was also a fun event for all the new divers. Great experience for all. Results to follow.

The junior team and senior team traveled to Victoria B.C. for the Victoria Sting. It was a big event with many US teams there. It was another great event for the kids. They enjoyed their first trip of the year away from home with some of them qualifying for the second time to get to Nationals. Results to follow.

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## **Josie report on Victoria**

"Going to Victoria was one of the funnest trips ever! We were like one big family, but without a Mum or Dad.

The coaches were more like.... in a way just guiding us. At first we had a few issues like me forgetting my bathing suits, but we managed after a while!

We had to make our own decisions and learn how to order pizza on our own. We also learned that if you leave the dishes in the sink for days, they are disgusting when you come to clean them! Also it's best not to be late when you say we will meet at the Gap in twenty minutes!

The pool was absolutely awesome, which had a hot tub and a water slide! (I wasn't aloud to go in it between my event because it made me lose focus!) We went down to the harbor on the last night to have a lovely last dinner and do a bit of shopping or looking at boats. We were all saying how nice it was not to have to wear jackets to and from the pool, and how we were going to have a nasty shock when we arrived back in Winnipeg. The whole diving experience was great! I personally was really happy with how I did, and I thought that the boards were awesome. One person in particular showed great strength when she hit the board on a reverse one and a half. Morgan was very brave about her hit, and was also extremely brave when she unfortunately failed 2 dives because of a mistake with the number board. Everyone else was also really happy with hoe they did, and I think most people thought that the pool had nice boards despite the slippery 5 meter tower.

All in all, the holiday from the cold and the beautiful trip to Victoria was fabulous, and I am sure everyone else can't wait for the next trip!"

- Josie

## **Events to come**

The senior divers are off to Regina in March to Winter Senior Nationals. The junior divers will be training for their next competition either in Edmonton or Toronto. They are home for another 4 to 6 weeks.

## **THE OLD AND THE NEW**

The board has a couple new faces and is saying good bye to a few old ones. (no pun intended)



### **OLD**

Hugh Gudmundson, after 4 years as President, has stepped down. We wish to thank him for doing such a great job with the club during his time as president. We know he is not far and we can always count on him if need be. THANKS HUGH for doing such a great job with our club.

Linda McLean has been our fundraising chair for the past few years. She will stay in her position until the end of June.

Donna Wankling has been publicity chair for the past few years. She stepped down this past fall and we wish her all the best. She did a great job getting our kids in the paper. We hope to have someone fill her shoes soon.

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NEW

Sean Gardner took on the roll of President in the fall. He is a wonderful addition to our club and board. Thanks Sean for stepping up and taking on the roll.

Marc Wankling has taken on a position on the board as a member at large. Thanks Marc for filling the hole in the board.

Jackie Higham and Petra Kaufmann are our new volunteer coordinators. Thanks for taking on this task.

## **The 2007 - 2008 Pan Am Club Executive is as follows:**

Sean Gardner - President

Rick Geyson - Vice President, Sponsorship

Hugh Gudmundson - Past President

Jim Couvier - Member at Large

Marc Wankling - Member at Large

Jackie Higham - Volunteer Coordinator

Petra Kaufmann - Volunteer Coordinator

Michelle Delios - Bingo Coordinator

Linda Ferguson - Treasurer

Linda McLean - Fundraising Coordinator

Jim Lambie - Head Coach

Lauren Penko - Athlete Representative



## **CLUB GOODBYES**

The club would like to wish Cam McLean all the best. Cam has graduated from High School in January. He is going to test his wings to live with his brother and train in Calgary for the remainder of the season. We wish him all the very best with his diving. Cam is a great mentor for the junior divers and will be sorely missed by everyone. Best wishes Cam and best of luck.

## **VOLUNTEER OPPORTUNITIES**

Jackie and Petra are having the tables for possible registration and club advertisement in the front of the Pan Am Pool for the weeks of February 18<sup>th</sup> to 22<sup>nd</sup> and February 25<sup>th</sup> to 28<sup>th</sup> from 5 to 8pm. Watch for emails regarding extra volunteer hours.

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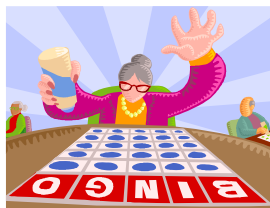
## FUNDRAISING OPPORTUNITIES

There are many fundraising opportunities available.

We have a coffee fundraising which due February 15, 2008. There is one more fundraiser for coffee to come this spring. Donelli's pizza has just started. Due date is March 13<sup>th</sup>, delivery date March 27<sup>th</sup>. If you did not receive an order form, contact Michelle Delios at [michelle4@mts.net](mailto:michelle4@mts.net). She will forward you a order form. Glenlea flowers order form will be out in the next couple of weeks. The order is due in April with a delivery in May. Contact Linda McLean for a order form or questions.

We will not be having a Bud Spud n Steak this year. We will be either having a evening at DeLucas or Rumors Comedy Club. This will be in May. More to follow on this evening of fun.

Looking into MTS Center for a possible way of working off your fundraising dollars. This way you do not have to sell anything, but man a booth. You make 10% of the sales in your booth. This is a great way to work off your fundraising dollars with just spending an afternoon in the booth. We can work the Briar, hockey games and concerts. More to follow on this.



## BINGO REPORT

We are into the second quarter of bingos and so far no problems. We are one of the top sports to receive top dollars for bingos. This is due to our attendance record and our willingness to take on more bingos when they need us to. Michelle receives notice of the quarter bingos from Manitoba Diving. Once received, sends out to the members. It is based on first come, first serve basis. You can bring more than one person to the bingo to help you complete your quota faster. Once you have signed up for a bingo and should you not be able to attend, it is your responsibility to find someone to cover your slot. Please inform Michelle of the change. If you miss the bingo, the club will charge you \$160.00. Manitoba Lotteries gives us three chances. First strike we get a red mark, second strike a black mark and third strike we could lose our bingos for a year. This would hurt the club financially.

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## Head Coaches Report



From the Head Coach:



The Olympic year presents a very busy and important year for our senior divers and believe it or not our junior diver who may still be 8 years away from dreaming about Olympic berths. Making an Olympic team or even the honour of competing in the trials is a goal for almost all senior and junior athletes. Strangely enough the World Championships are often a tougher event but nothing is quite like the Olympic Games.

Preparing to compete in the Olympic trials is a long process of very hard work and lots of sacrifices. Many senior athletes will develop such a case of nerves that they often question why they are continuing. Coaches need to continue the push but we also need to know when to back off and give them some space.

Our junior divers have a unique opportunity to watch the time and effort each of our four senior divers are putting into their practices. During this year almost everything takes a back seat including school and social life.

Next week we travel to Regina for the senior nationals and the last qualifying event for the opportunity to compete in the trials in June. I think that all of our divers have prepared well and worked very hard to get ready for this event.

The senior nationals are also trials for several Grand Prix events which will require our athletes to be top six and earn an international qualifying score at the nationals.

As the head coach I am proud of all of our divers this season and we have worked through some tough times and events. I am sure everyone wishes our senior athletes the best of luck in Regina.



## Fin's Report

Victoria trip huge success for Junior Pan Am divers. Six more National Qualifying standards achieved.

Ten-year-old Cole Funk placed third in his D age group events with stellar performances on all boards. His high degree of difficulty dives kept him in the medals and with more hard work and attention to perfection he should be a true contender at Nationals in Thunder Bay in July.

Lily Kaufmann accomplished the required scores for her second qualification on both

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springboards. New diver and first year competitor, Natasha Higham secured her first of the two necessary scores in the tower event. Morgan Wankling overcame challenging hardship after clipping the board in the one metre contest on her first day of competition. She performed well on three metre showing she has the skill to run with the best and learned valuable lessons for future contests. In the tower event her options were new dives and she executed them in championship manner. Her recent learned back twister turned out to be one of her highest scoring tricks and actually brought tears to her coaches' eyes. Although the weather was wet it in no way dampened the divers' enthusiasm and they all should be proud of their representation.

## **Keith's Report**

Victoria proved to be an eye-opener for our newcomers Liana and Josie. But they held it together and did a great job. There were a lot of divers there at various levels, but it was a great opportunity to see divers from all over the country.

Cyrena did a great job on tower and although she wasn't feeling well, she managed to hold it together and do some great dives!!!

We had a great time on the trip and the divers seemed to have a good time. Cyrena was playing house-mother.....and I even think I saw her making sandwiches for younger girls one morning!! Will wonders NEVER cease! We ended the weekend with a team dinner down at the Warf, which was really nice for the whole team to be eating dinner together without having to worry about competition.

We look forward to the next competition.

Keith

## **Stephanie's kids**

The super-tots and pre-competitive group have been working very hard so far this season. Many new faces in the program and everyone is learning plenty of new dives.

We would like to welcome Nico, Gabriel, Katie and Mara to the club. We are excited to have them.

Laura Sharpe and Dawson Groening from super-tots and Cameron Cumming and Megan Wilton from pre-competitive group brought their new dives to the Polar Bear Classic Competition in January. Everyone dove extremely well and gained good experience diving against divers from all over Canada.

We are now working on getting 3 metre lists for the end of the season. Everyone is doing really well.

Stephanie

## **Results of the past meets**

### **Pan Am Championships**

#### **3m Finals Boys A**

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Cam McLean 531.05 (5<sup>th</sup>)

## **1m Finals Boys A**

Cam McLean 482.70 (2<sup>nd</sup>)

## **Camo Invitational**

### **Men's Open Platform Finals**

Kevin Geyson 360.85 (15<sup>th</sup>)

### **Men's Open Syncro Platform finals**

Kevin Geyson/Nicolas Lachance 377.70 (7<sup>th</sup>)

### **Men's 3m A group Prelims**

Cam McLean 494.50 (2<sup>nd</sup>)

### **Men's 3m A group finals**

Cam McLean 467.30 (5<sup>th</sup>)

## **Polar Bear Classic**

### **Boys D 1m finals**

Cole Funk 221.50 (1<sup>st</sup>)

Dawson Groening 170.85 (4<sup>th</sup>)

### **Boys E 1m Finals**

Dawson Groening 202.50 (1<sup>st</sup>)

### **Boys B 1m finals**

Cameron Cummings 175.95 (7<sup>th</sup>)

### **Men's Open 1m Finals**

Cam McLean 276.75 (2<sup>nd</sup>)

### **Women's A 1m Finals**

Cyrena Couvier 327.75 (10<sup>th</sup>)

### **Women's A Platform Finals**

Cyrena Couvier 256.80 (9<sup>th</sup>)

### **Women's B 1m finals**

Morgan Wankling 237.00 (17<sup>th</sup>)

Liana Martin 206.15 (19<sup>th</sup>)

### **Women's B Platform finals**

Morgan Wankling 279.50 (3<sup>rd</sup>)

### **Open Platform Prelims**

Jill Gudmundson 256.60 (18<sup>th</sup>)

Lauren Penko 347.50 (21<sup>st</sup>)

### **3m Men's Open Prelims**

Cam McLean 362.25 (11<sup>th</sup>)

Kevin Geyson 324.35 (20<sup>th</sup>)

### **3m Men's Open Finals**

Cam McLean 367.25(13<sup>th</sup>)

### **Boys D 3m finals**

Cole Funk 213.35 (1<sup>st</sup>)

### **Boys D Platform finals**

Cole Funk 193.15 (1<sup>st</sup>)

### **Men's Open 3m finals**

Cam McLean 291.65 (2<sup>nd</sup>)

### **Women's A 3m Finals**

Cyrena Couvier 294.75 (13<sup>th</sup>)

### **Women's B 3m finals**

Morgan Wankling 303.70 (9<sup>th</sup>)

Liana Martin 199.15 (20<sup>th</sup>)

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## **Women's C 1m finals**

Lily Kaufmann 248.70 (12<sup>th</sup>)  
Natasha Higham 214.75 (17<sup>th</sup>)  
Josie Gardner 153.00 (19<sup>th</sup>)

## **Women's C Platform finals**

Natasha Higham 205.25 (9<sup>th</sup>)  
Lily Kaufmann 180.45 (13<sup>th</sup>)

## **Women's D 1m finals**

Laura Sharpe 142.25 (8<sup>th</sup>)

## **Women's Open Platform Finals**

Lauren Penko 289.25 (1<sup>st</sup>)  
Jill Gudmundson 271.75 (2<sup>nd</sup>)



## **The Western Canada Games Team Edmonton 2007**

### **Victoria Sting**

#### **Women's Open 3m finals**

Jill Gudmundson 211.25 (13<sup>th</sup>)  
Cyrena Couvier 151.80 (30<sup>th</sup>)

#### **Women's A 1m finals**

Cyrena Couvier 265.15 (21<sup>st</sup>)

#### **Women's A Platform finals**

Cyrena Couvier 211.50 (10<sup>th</sup>)

#### **Women's B 3m Finals**

Morgan Wankling 247.40 (20<sup>th</sup>)  
Liana Martin 215.25 (21<sup>st</sup>)

#### **Women's C 1m Finals**

Lily Kaufmann 247.60 (12<sup>th</sup>)

## **Women's C 3m finals**

Lily Kaufmann 258.00 (10<sup>th</sup>)  
Natasha Higham 184.00 (14<sup>th</sup>)  
Josie Gardner 162.80 (15<sup>th</sup>)

## **Women's 1m Open Finals**

Jill Gudmundson 212.70 (3<sup>rd</sup>)  
Cyrena Couvier 138.10 (21<sup>st</sup>)

## **Women's 3m Open finals**

Jill Gudmundson 250.90 (3<sup>rd</sup>)

## **Women's 3m Syncro Finals**

Cyrena Couvier/Stephanie Friesen  
203.88 (3<sup>rd</sup>)

#### **Women's Open Platform Finals**

Jill Gudmundson 258.40 (4<sup>th</sup>)  
Lauren Penko 250.85 (5<sup>th</sup>)  
Cyrena Couvier 130.45 (8<sup>th</sup>)

#### **Women's A 3m finals**

Cyrena Couvier 294.50 (18<sup>th</sup>)

#### **Women's B 1m finals**

Morgan Wankling 233.25 (19<sup>th</sup>)  
Liana Martin 183.10 (21<sup>st</sup>)

#### **Women's B Platform Finals**

Morgan Wankling 225.95 (8<sup>th</sup>)

#### **Women's C 3m finals**

Lily Kaufmann 264.15 (10<sup>th</sup>)

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Natasha Higham 208.80 (15<sup>th</sup>)  
Josie Gardner 181.50 (20<sup>th</sup>)

**Women's C Platform finals**  
Natasha Higham 236.35 (7<sup>th</sup>)  
Lily Kaufmann 198.50 (9<sup>th</sup>)

**Men's Open 3m finals**  
Cam McLean 297.50 (5<sup>th</sup>)

**Men's A 3m finals**  
Cam McLean 483.95 (1<sup>st</sup>)

**Men's D 1m finals**  
Cole Funk 206.90 (3<sup>rd</sup>)

Natasha Higham 240.45 (13<sup>th</sup>)  
Josie Gardner 163.35 (15<sup>th</sup>)

**Men's Open 1m finals**  
Cam McLean 322.70 (2<sup>nd</sup>)

**Men's A 1m finals**  
Cam McLean 404.95 (4<sup>th</sup>)

**Men's D Platform finals**  
Cole Funk 196.90 (3<sup>rd</sup>)

**Men's D 3m finals**  
Cole Funk 229.30 (3<sup>rd</sup>)

Last but not least, I would like to thank the coaches for doing such a great job with our kids. The kids are all having a great time and making wonderful strides. They have reached a lot of their goals and continue to push themselves to newer and more challenging dives. Thanks so much for being there for our kids, Jim, Fin, Keith and Stephanie.

The club would also like to thank Lauren for taking on the role of LTD leader. Without her, the LTD would be in limbo. Thanks Lauren for taking on such a tedious job.

A big thank you goes out to the Polar Bear committee and all the volunteers who stepped up to make this meet happen. It was a wonderful meet, lots of divers and clubs in attendance. We pulled off a great time with no glitches. Thanks to everyone for their hard work. It does not go unnoticed.

## Merchandise

We have some leftover merchandise from the Polar Bear. These items are for sale throughout the year. Let your coach know if you would like to purchase a shirt, shorts, hats, or sweats.